

COOKING IDEAS



PAUL'S FISH FINGERS

Ingredients

Makes
8
Fish
fingers

- 600g of Coley fillet
- 150g breadcrumbs
- 150g plain flour
- 2 eggs beaten
- 1/2 pint milk
- vegetable oil for frying

For the sandwich

- Sliced bread
- Lettuce
- 1 red onion, sliced
- 1 large tomato, sliced



Method

- Beat your eggs and mix with the milk.
- Line up 3 shallow bowls – one for flour, one with the egg and milk mix and one for your breadcrumbs.
- Cut your Coley fillet into 8 finger sized pieces.
- Take each fish finger and first dust with flour, then dredge through the egg mix and finally coat with breadcrumbs. Set aside.
- Heat a little vegetable oil in a frying pan.
- Gently fry your fish fingers over a medium heat on all 4 sides until they are golden brown. This should take about 3-5 minutes per fish finger but if in doubt, test with a fork. If the fork comes out clean, it's cooked through.
- Now to build your sandwich. Cut a slice of bread in half and spread with ketchup, mayonnaise or butter.
- Pile on the salad and pop your fish finger on top then get stuck in!

Cook's Code ✓

Don't buy breadcrumbs, make your own from crusts or stale bread. Break the bread into smaller pieces and pop in the oven on a low heat for about 30 minutes until it dries out. Then give the bread a quick whizz in a food processor and bingo – lovely breadcrumbs.

Coley is a great alternative to Cod, which is overfished. It's sweet, juicy and plentiful and available from Sainsburys! Look for the Marine Stewardship Council (MSC) label on all the fish you buy, then you'll know it's been sustainably sourced.



HOLY TRINITY'S REVIEW

"The fish is sweet and juicy. My mum's fish fingers are yukky – these are yummy!"

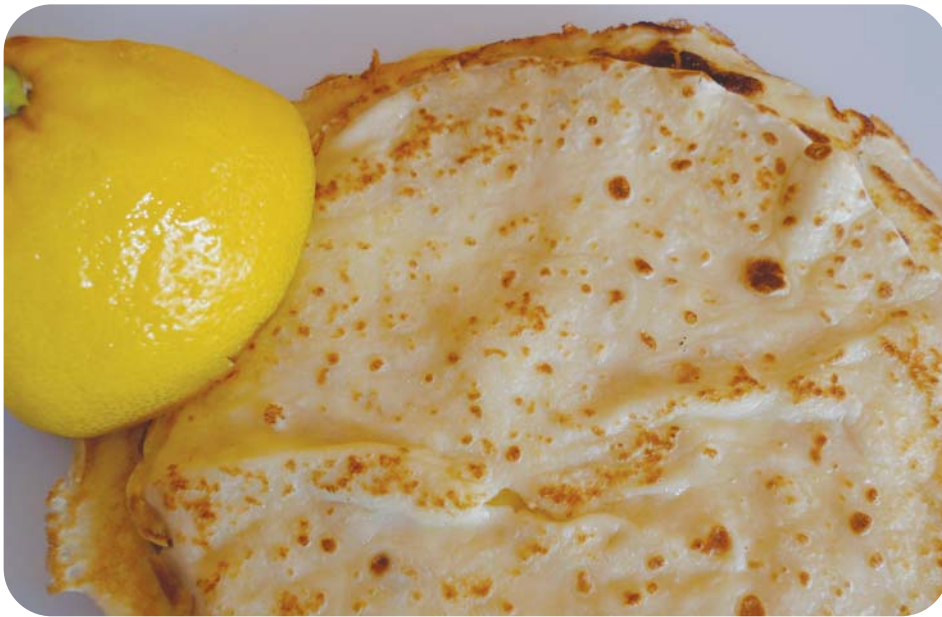


Equipment

- 1 x chopping board
- 1 x frying pan
- 1 x sharp knife
- 1 x whisk
- 3 x shallow bowls



PAUL'S PERFECT PANCAKES



Ingredients

Makes
20
Pancakes

- 220g plain flour
- 2 pinches of salt
- 4 large eggs
- 400ml milk
- 150ml water
- 100g butter
- Caster sugar and lemon to serve



Equipment

- Large mixing bowl
- Sieve
- Whisk
- Small saucepan
- Nonstick frying pan
- Spatula
- Ladle
- Serving plate

Cook's Code

If you've got a really good non-stick pan, you'll only need a tiny bit of melted butter for the first pancake. After that the pancakes should easily come away from the pan with a shake, without needing butter.



HOLY TRINITY'S REVIEW

"This is the best pancake in the whole universe!"

Method



- Wipe the frying pan with a little of the melted butter and warm over a medium heat.
 - Pour half a ladleful of the pancake batter into the frying pan and swish around until it makes a perfect pancake shape.
 - Wait a minute and little holes will appear. Start teasing the edges of the pancake away from the pan with your spatula then give the pan a shake to loosen the pancake.
 - Time to give it a toss! If you're not feeling confident you can flip it over with the spatula.
 - Cook the other side for the same amount of time, then slide the pancake onto a serving plate.
 - Keep going until you've used up all your mixture.
 - Eat as you go, or pile them up high before serving with a squeeze of lemon and a sprinkle of caster sugar.
- Sift the flour and salt so it's nice and light.
 - Make a well and whisk the eggs in.
 - Gradually add the milk and water. This is why you need a large mixing bowl – things can get messy!
 - Melt the butter in a small saucepan. Add half to the mixture, save the rest for greasing the pan.



SCHOOL FOOD MATTERS

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